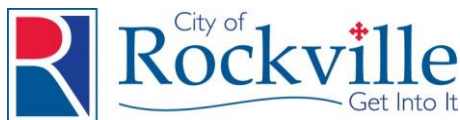


Rockville Swim and Fitness Center

Winter Break Class Schedule

Date	Class	Time	Instructor
December 23rd	Boot Camp	6:15-7:15pm	Carol
	Ab Sculpt	7:30-8:00pm	Carol
December 26th	Cardio Kickboxing	6:00-7:00pm	Shantel
	Masala Bhangra	7:00-8:00pm	Colette
December 27th	Yoga	9:00-10:00am	Sara
	Ab Sculpt	10:00-10:30am	Sara
December 28th	Zumba	10:00-11:00am	Francia
	Kids Yoga	11:00-12:00pm	Francia
December 30th	Boot Camp	6:15-7:15pm	Carol
	Ab Sculpt	7:30-8:00pm	Carol
January 2nd	80's Dance	6:00-7:00pm	Ann

Get started early with your New Year's resolutions during Winter Break! Classes are only \$7 per class! All fitness levels are welcome - please pay at the front desk and present the receipt to your instructor.



Rockville Swim and Fitness Center
355 Martins Lane
Rockville MD 20850
240-314-8752
www.rockvillemd.gov/swimcenter

